

# Pumpkin Chiffon



**Plan Z Phase:** This is a Z3 (ZReboot) recipe.

Just in time for a fancy party, a super-easy, festive dessert. This can be made in about 3 minutes and keeps for days covered in the refrigerator. Feed this to the kids (and adults) instead of ice cream.

## **Ingredients:**

- package of cream cheese (softened). Just leave it out on the counter to soften up, or you can zap it in your microwave (unwrapped and in a bowl) for 10-15 seconds on high.
- $\frac{1}{2}$  cup of canned pumpkin (or more to taste)
- $\frac{1}{4}$  cup of Truvia (granulated)
- $\frac{1}{2}$  tsp of pumpkin pie spice
- 1 tsp of vanilla

## *Optional:*

- whipped cream for serving

## **Directions:**

Put all ingredients in a medium bowl and whip with your electric

mixer for 2 minutes until fluffy and smooth. Half way through whipping be sure to scrape down the sides of the bowl.

Cover the surface with plastic wrap and put it in the refrigerator. You can use an ice cream scoop to serve it. To make it fancy, just serve it in a pretty bowl, or you can layer it with whipped cream and serve it in a clear glass.

Enjoy!

Cheers,